

Visualizing and Predicting Heart Diseases with an Interactive Dashboard

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Average Exercise Angina During Chest pain in Male and Female

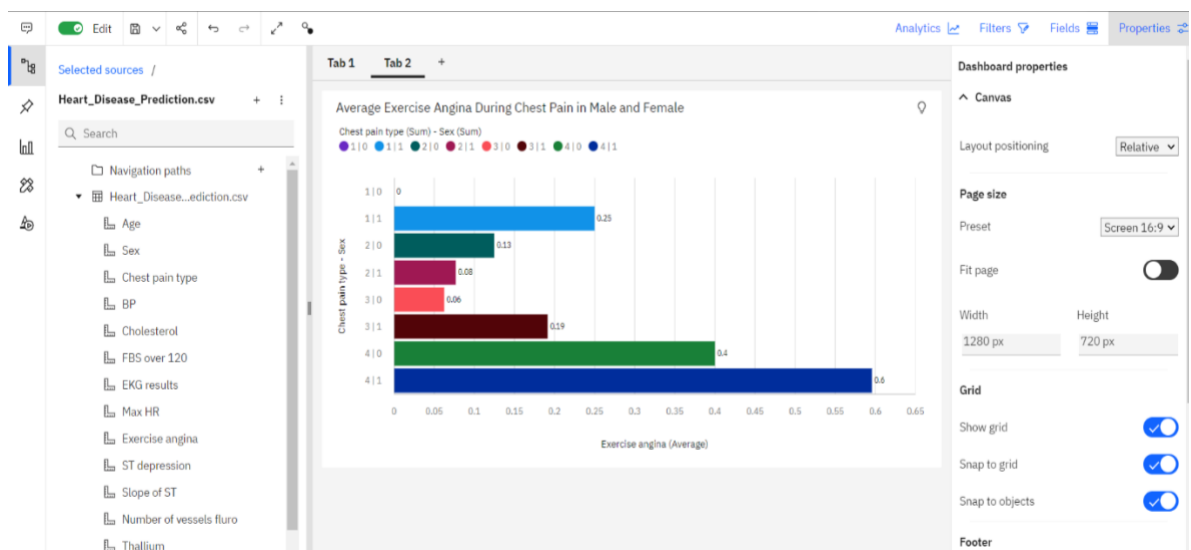
What causes Angina?

The heart is a muscle that must receive oxygen all the time. Angina means that the heart muscle starts to hurt from not receiving all of the oxygen that it needs. The most common type of angina is called stable angina. Stable angina means that you develop chest pain when you exercise and the pain goes away soon after you stop. While at rest, narrowed arteries leading to the heart can supply enough blood flow to the heart, but during exercise, the heart muscle does not get all of the extra oxygen it needs. When the blood flow through the narrowed arteries does not supply enough oxygen to the heart muscle, it hurts.

Exercising in cold weather can cause chest pain in some people who have no problems when they exercise in warm weather. When a cold wind blows on your face, your heart rate slows down. This decreases the blood flow to the heart and can cause pain in people with blocked coronary arteries.

Unstable angina means that you get heart pain even when you are not exercising or excited. Unstable angina is far more serious than stable angina, and puts you at greater risk for a heart attack. Angina is a heart condition caused by the blood supply to the heart muscle being restricted. This is usually as a result of the arteries that supply the heart muscle becoming hardened and narrowed. It's a common condition among older adults. During a heart attack, tissue in the heart muscle dies due to lack of blood flow through the heart's arteries. Angina symptoms include chest pain and discomfort. The chest pain or discomfort may feel like: Burning, Sweating, Dizziness.

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Number of Counts :

